

Mental Wellness Toolkit for Youth



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2023

Portage la Prairie

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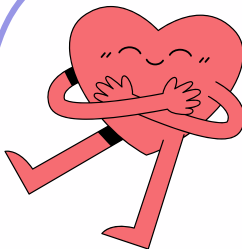
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Introduction to the Eight Areas of Wellness

Wellness is a holistic approach to maintaining a balanced and fulfilling life, and the dimensions that contribute to overall well-being. To lead a healthy and happy existence, it is essential to acknowledge and address these different aspects of wellness.

By recognizing and nurturing each of these eight areas of wellness, individuals can cultivate a more balanced and fulfilling life, promoting overall health, happiness, and a greater sense of purpose. Embracing wellness allows us to thrive in all aspects of our lives.



Physical Wellness: Physical wellness emphasizes the significance of maintaining a healthy body through regular exercise, proper nutrition, sufficient sleep, and regular medical check-ups. It involves taking care of our physical health to enhance vitality, strength, and overall longevity.

Emotional Wellness:

Emotional wellness is about understanding and managing our emotions in a positive and constructive manner. It involves developing emotional intelligence, coping with stress, and fostering healthy relationships, which contribute to improved mental health and resilience.

Intellectual Wellness:

Intellectual wellness revolves around engaging in lifelong learning and mental stimulation. It includes activities that challenge and expand the mind, such as reading, problem-solving, pursuing hobbies, and staying curious about the world.

Spiritual Wellness: Spiritual wellness does not necessarily refer to religious beliefs, but rather to a sense of purpose, inner peace, and connection to something larger than oneself. It involves exploring our values, practicing mindfulness, and seeking meaning in life.

Occupational Wellness: Occupational wellness pertains to finding fulfillment and satisfaction in our work or chosen vocation. It involves aligning our passions and skills with our career, maintaining a healthy work-life balance, and seeking personal growth and advancement.

Financial Wellness: Financial wellness focuses on managing and understanding our financial resources effectively. It includes budgeting, saving, investing, and making informed decisions to achieve stability and reduce financial stress.

Environmental Wellness: Environmental wellness relates to our connection and responsibility to the environment around us. It involves promoting sustainable practices, reducing our ecological footprint, and creating surroundings that support physical and emotional health.

Social Wellness: Social wellness focuses on building meaningful and supportive connections with others. Nurturing healthy relationships, fostering a sense of belonging, and maintaining effective communication are vital aspects of social well-being.

Physical Wellness



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Mental Wellness Checklist

The following assessment has been adapted from the Canadian Mental Health Association's Mental Health Meter and the Mental Wellness Self Assessment from the Arthritis Society and Princeton University's U Matter Wellness Self-Assessment. This is intended for educational purposes only and is not a substitute for advice from a qualified mental health professional.

The World Health Association states that mental health isn't simply the absence of mental illness, but defines it as "a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community." Therefore, mental health is not just about our own bodies and minds, but also about how we interact with our community and the world around us.

There are a number of factors that can impact our mental health, including social, economic, environmental and biological factors. It is important to pay attention to signs if you're feeling down or out of sorts to know when to seek help. If you're having a hard time coping, it might be time to talk to someone. This resource can help identify when it might be time to reach out for help and identify options and resources to take.

Check the boxes on whether you "agree" or "disagree" with the provided statements. Add up each section of the assessment. The pages following the question pages will outline the recommended next steps for mental wellness.

These statements do not need to be answered in order.

Quality of Life



Agree Disagree

Section A			
I recognize that some things can't be changed	<input type="radio"/>	<input type="radio"/>	
My home is a comfortable, pleasant place	<input type="radio"/>	<input type="radio"/>	
I'm still able to maintain a fulfilling life despite my stressors	<input type="radio"/>	<input type="radio"/>	
I am able to identify my stressors	<input type="radio"/>	<input type="radio"/>	
My friends and family improve my quality of life just as I improve theirs	<input type="radio"/>	<input type="radio"/>	
I tend to focus on the "now" and appreciate what I have in the moment	<input type="radio"/>	<input type="radio"/>	
I have the food, accommodation and finances I need to get by	<input type="radio"/>	<input type="radio"/>	
I have the ability to enjoy life	<input type="radio"/>	<input type="radio"/>	
I tend to live in the moment and appreciate the now	<input type="radio"/>	<input type="radio"/>	
Section B			
I often think about my life before and how it was better	<input type="radio"/>	<input type="radio"/>	
I worry a lot about my friends and family	<input type="radio"/>	<input type="radio"/>	
My feelings of happiness are often overshadowed by worry about the future	<input type="radio"/>	<input type="radio"/>	
I feel like a burden	<input type="radio"/>	<input type="radio"/>	
I am often worried about whether I will have enough money for necessities like food and accommodation	<input type="radio"/>	<input type="radio"/>	
I often dwell on past experiences and daydream about different outcomes	<input type="radio"/>	<input type="radio"/>	
Total Section A			
Total Section B			

Balance



Agree Disagree

Section A			
I'm able to make some time for myself when I'm feeling stressed or overwhelmed		<input type="radio"/>	<input type="radio"/>
I'm able to maintain a balance between family, friends, work/chores and self-care		<input type="radio"/>	<input type="radio"/>
I have hobbies that I practice regularly		<input type="radio"/>	<input type="radio"/>
I exercise regularly and eat a healthy diet		<input type="radio"/>	<input type="radio"/>
I always make time for my hobbies		<input type="radio"/>	<input type="radio"/>
If life is a juggling act, I'm a pretty good juggler		<input type="radio"/>	<input type="radio"/>
I practice relaxation techniques regularly		<input type="radio"/>	<input type="radio"/>
Focusing on work/school will get me where I want to be		<input type="radio"/>	<input type="radio"/>
Section B			
I often let myself get run-down before I take care of my own needs		<input type="radio"/>	<input type="radio"/>
I feel pulled in competing directions and I'm having a hard time coping		<input type="radio"/>	<input type="radio"/>
I feel totally consumed by obligations		<input type="radio"/>	<input type="radio"/>
I find it too difficult to stay active and/or prepare healthy meals		<input type="radio"/>	<input type="radio"/>
After an emotional upheaval, it makes me feel guilty to feel happy		<input type="radio"/>	<input type="radio"/>
There aren't enough hours in the day to accomplish everything I want to do.		<input type="radio"/>	<input type="radio"/>
My friends often complain that they never see me.		<input type="radio"/>	<input type="radio"/>
Total Section A			
Total Section B			

Flexibility



Agree Disagree

Section A			
I try to remain positive and adapt when things cause me to change plans	<input type="radio"/>	<input type="radio"/>	
When I have a setback, I remind myself things will get better	<input type="radio"/>	<input type="radio"/>	
I've come to accept that there are some things I can't change and do my best	<input type="radio"/>	<input type="radio"/>	
I can choose how to respond to things	<input type="radio"/>	<input type="radio"/>	
Life is smoother when I keep my emotions level at all times	<input type="radio"/>	<input type="radio"/>	
I accept things the way they are, even if I don't like them	<input type="radio"/>	<input type="radio"/>	
I cope well with change	<input type="radio"/>	<input type="radio"/>	
I feel my emotions fully	<input type="radio"/>	<input type="radio"/>	
Section B			
I feel my emotions stronger than others	<input type="radio"/>	<input type="radio"/>	
I have trouble accessing my emotions	<input type="radio"/>	<input type="radio"/>	
I'm often frustrated when other people don't share my point of view	<input type="radio"/>	<input type="radio"/>	
My problems are usually cause by other people	<input type="radio"/>	<input type="radio"/>	
I don't always know what to expect from other people	<input type="radio"/>	<input type="radio"/>	
When I have a setback, it seems like things will never get better	<input type="radio"/>	<input type="radio"/>	
It gets me really down to think that I can't change	<input type="radio"/>	<input type="radio"/>	
Total Section A			
Total Section B			

If you scored 30-44 in section A and if you scored 0-12 in section B:

Way to go! It seems like you've developed some effective strategies to help you cope with the challenges of daily life. Focusing on the positive and what you are able to control can help you maintain a healthy outlook. While you answered mostly "A's," if you find yourself struggling in one or more areas, professional support may be helpful. Mental health, just like physical health, can fluctuate over time, so if you ever feel that you're having difficulty coping day-to-day, speak with your doctor or a qualified mental health professional. Although you achieved a high overall score in this domain, you may want to check for low scores on individual items to see if there are specific areas you might want to address. You might also choose to focus on another area where your scores weren't so high. Practices like mindfulness, meditation and/ or cognitive behavioural therapy can help you deal with life and promote mental well-being. We recommend our Mental Health Exercises cards to learn about Grounding Exercises and Breathing Exercises.

If you scored 15-30 in section A and if you scored 13-24 in section B:

While you might sometimes struggle with the challenges posed by daily life, you've also found positive ways to help you manage. When you're having a difficult time, remember to rely on the resources and strategies that have been useful for you in the past. Is there a different way to look at the situation? Who can you turn to for support? Practices like mindfulness, meditation and/or cognitive behavioural therapy can promote mental well-being. If you find at some point that it becomes harder to cope day-to-day. Take a look at the items on which you scored lower. What changes might you make it improve your score? Even a small change in behavior can help you achieve better health and well-being.

If you scored 0-15 in section A and if you scored 25-36 in section B:

Dealing with the challenges of day-to-day stresses can have an impact on our mental health, but there are steps you can take to improve your mental well-being. Mental health, just like physical health, can fluctuate over time, and getting the healthcare we need at the right time can make a big difference to how we feel. Practices like mindfulness, meditation and/ or cognitive behavioural therapy can also help you deal with pain and promote mental wellbeing. Your answers indicate some potential health and well-being risks. Review those areas where you scored lower and review available resources to help you develop and set achievable goals.



Quality Sleep

Quality sleep is large factor when it comes to wellbeing.

Use the following worksheet as a Sleep Diary to track your sleep and the contributing factors to a good or bad night's sleep.

Sleep Dairy

Caffeine,
alcohol,
nicotine

Example:
2 cups of
coffee

Naps (what
time & how
long?)

1 nap: 30
min

Medication

Melatonin

Day fatigue
level (0-5, 5
most tired)

2/5

Time to fall
asleep
(minutes)

15 min

Waking
time
Hours slept

7:30
7.5hrs

Rest score
(0-5, 5
most rested)

3/5

Sleep Dairy

Caffeine,
alcohol,
nicotine

Naps (what
time & how
long?)

Medication
(day total &
before bed)

Day fatigue
level (0-5, 5
most tired)

Time to fall
asleep
(minutes)

Waking
time
Hours slept

Rest score
(0-5, 5
most rested)

Breathing Exercises

Resonance Breathing:

Gently breathe in through your nose, for a count of six seconds. Don't fill your lungs too full of air. Exhale for six seconds, allowing your breath to leave your body slowly and gently without forcing it.

Box Breathing:

Exhale to a count of four. Hold your lungs empty for a four-count. Inhale to a count of four. Hold the air in your lungs for a count of four. Exhale and begin the pattern again.

Belly Breathing:

Place one hand on your upper chest and the other hand on your belly, below the ribcage. Allow your belly to relax. Breathe in slowly through your nose. The air should move into your nose and downward so that you feel your stomach rise with your hand. Exhale slowly through slightly pursed lips. Take note of the other hand on your chest, which should remain relatively still.

Take Ten Slow Breaths: Focus on each breath, in and out. Say the number of the breath as you exhale.

Safety Plan

Safety Plan

Goals/things worth living for

1. _____
2. _____
3. _____
4. _____
5. _____

My support network can help me by...

1. _____
2. _____
3. _____
4. _____
5. _____

I, _____ will use this plan to get the help I need to keep myself safe when I'm struggling

Some distractions that work for me...

1. _____
2. _____
3. _____
4. _____
5. _____

Some safe people I can contact...

- | | |
|---------------|-------------|
| 1. Name _____ | Phone _____ |
| 2. Name _____ | Phone _____ |
| 3. Name _____ | Phone _____ |
| 4. Name _____ | Phone _____ |
| 5. Name _____ | Phone _____ |

Some coping mechanisms that work for me...

1. _____
2. _____
3. _____
4. _____
5. _____

Some safe places I can go...

- | | |
|----------------|---------------|
| 1. Place _____ | Address _____ |
| 2. Place _____ | Address _____ |
| 3. Place _____ | Address _____ |
| 4. Place _____ | Address _____ |
| 5. Place _____ | Address _____ |

Remember Your Life Is Valuable

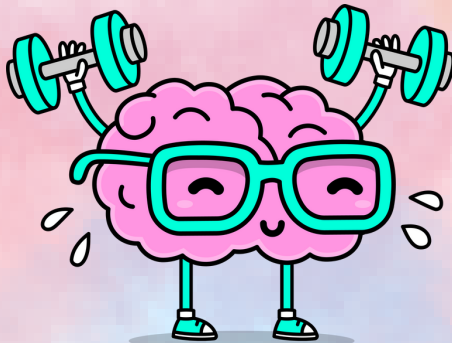
Others have told me how valuable my life is, but they want to make sure that I know how valuable my life is. Since it can be hard to focus and think clearly when I'm having these dark thoughts, I agree to put this safety plan in places where I can easily use it. Such as my wallet, bag or by the phone. In an emergency I can call **911** and tell the operator that I am in suicidal danger or go to the nearest emergency room. If I feel that I cannot get to the hospital safely, I can call **911** and request transportation to the hospital.

For you to sign: _____

For your safe support person to sign: _____

Physical Activities for Wellness

ball running shoveling mid-day taking biking meetings
exercises yoga tai breaks dancing
baking standing snow habits
aerobics going desk
dinner lifting challenge walking swimming
raking disco chi dance
healthy weights bodyweight folding laundry classes hiking
fitness walk meditation steps walks
cleaning stretching wellness breathing
making pilates wellbeing tennis
frisbee



Intellectual Wellness



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Journaling Prompts

What's a choice you can make this week based on your needs?

List 3 positive things about making healthy lifestyle changes

How can you shift your mindset if something isn't working for you?

Write about a challenging experience that helped you push through any barriers

How much time are you willing to commit to your wellness routine each day/week/month?

What change(s) do you want to see in your life?

Why do you want to start your wellness journey?

List down 3 ways you feel better about yourself

What will prioritising your health and wellness give you?

What can you do today that you didn't think you could do a year ago?

What have you learned about yourself during this process?

How can you stay motivated when you're trying something new?

What can you do to forgive yourself if you go off track?

What is currently going well?

How will you set boundaries around your health and wellness journey?

Describe a moment when you felt proud of yourself for pursuing these changes

Journaling Space



A series of 20 horizontal black lines for writing, organized into five groups of four lines each. Each group is bounded by vertical colored bars on both sides. The colors of the bars, from top to bottom, are: purple, purple, blue, green, yellow, red, pink, and purple.



Emotional Wellness



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Self Care

30 DAY

Self Care Challenge

Take a bubble bath (Bonus points if you light a candle)

Go for a walk outside

Write down 15 things you're grateful for

Create a playlist of all your favorite songs

Try a new healthy recipe

Journal about how you're feeling

Do a chore you've been neglecting

Treat yourself to a meal or drink

Call a loved one

Drink an adequate amount of water

Watch a sunrise or sunset

Take a break from social media for a day

Get artsy with a craft, drawing, or poem

Clean your room

Have a spa day

Put on an outfit that makes you feel good

Declutter a space in your home

Practice or start a hobby

Spend time with family or friends

Make a list of short-term/long-term goals

Sleep in/take a nap

Go candle-smelling at a store

Read a book

Watch your favorite movie

Try a new restaurant

Practice yoga

Wake up early/go to bed early

Change your bedsheets

Exercise for at least 30 minutes

Create a vision board

Grounding Exercises

1. Run your hands over something with an interesting texture. Describe it in your mind, as if you have never felt anything like it before.
2. Splash some water on your face. Notice how it feels. Notice how the towel feels as you dry. Use words in your mind to describe the sensations.
3. Tell yourself who you are and where you are. What year is it, what age are you now? Look around the room and notice familiar objects and name them.
4. If you are lying down, feel the contact between your head, your body and your legs, as they touch the surface you are lying on.
5. Notice five things you can see, five things you can hear, and five things you can feel, taste, or smell.



Spiritual Wellness



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The Meaning of Life

What makes a meaningful life?

In positive psychology, a meaningful life is a construct having to do with the purpose, significance, fulfillment, and satisfaction of life. You feel engaged, connected to purpose, and able to connect your gifts and passions with your highest values.

WE CAN FIND SEVEN SOURCES OF MEANING IN OUR LIVES:

1. PERSONAL GROWTH
2. PROFESSIONAL GROWTH
3. SHARED PURPOSE
4. SERVICE
5. BALANCE
6. INSPIRATION
7. HONESTY

WHAT MAKES YOUR LIFE FEEL MEANINGFUL?

*It means
a lot!*

How To Think Meaningfully

Reflect on your personal meaning by answering each prompt below:

If you could describe a person who has purpose in life, how would you do it?

What would they do?

How would they behave?

How would they think?

What are some unique abilities/talents that you possess?

What brings you feelings, of joy, peace and/or accomplishment?



Spiritual Wellness Activity

Find a quiet place to listen to a song.

A song that makes you feel calm. Anywhere from Fleetwood Mac to Limp Bizkit. The resonance feeling is up to you.

Focus on being present.

Write down the lyrics as you hear them.

Consider the meaning of the lyrics and the feeling of the song.

How does it make you feel?

Does it make you want to dance?

Does it make you want to shout?

Does it make you feel alive?

Occupational Wellness



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WHAT TO KNOW WHEN STARTING A NEW JOB

- DEFINE THE GOALS AND EXPECTATIONS OF YOUR POSITION
- ASK FOR GUIDANCE, HELP, OR FEEDBACK WHEN NEEDED
- MAKE CONNECTIONS WITH POSITIVE PEOPLE
- HAVE AN OPEN MIND AND WILLINGNESS TO LEARN
- BE RESPECTFUL OF EVERYONE
- WORK TO UNDERSTAND COMPANY VALUES
- SET BOUNDARIES FOR YOURSELF



Financial Wellness



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MONTHLY BUDGET

Budget Goal

Month/Year

INCOME

Date	Description	Amount	After Tax

FIXED EXPENSES

Date	Description	Amount

OTHER EXPENSES

Date	Description	Amount

RECAP

	Goal	Actual	Difference
Earned			
Spent			
Debt			
Saved			

Government of Canada Benefits Finder

The Benefits Finder is a tool that can help you find Benefits and Services that you may be eligible to receive. It asks a few questions and uses your answers to search. It does not collect or track your information. The more questions you answer, the more customized and accurate your results will be.

<https://www.canada.ca/en/services/benefits/finder.html>



Environmental Wellness



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To create healthy summer habits:

- Beat the sun and heat with an early morning or evening activity.
- Wear protective clothing.
- Use sunscreen that blocks UVA and UVB.
- Use sunglasses that block UVA and UVB.
- Try to stay in the shade when outdoors.
- Go to an air-conditioned gym, do water workouts, or use a fitness video at home.
- Drink plenty of water.

YOUR HEALTHIEST SELF

Environmental Wellness Checklist



To reduce allergies:

- Avoid going outdoors when you're having allergies.
- If you go outside, wash your hair and clothing when you come inside.
- Keep humidity levels low in the home.
- Avoid upholstered furniture and carpets.
- Wash your bedding in hot water once a week.
- Vacuum the floors once a week.
- Talk with your doctor about medications and allergy shots.

Safe Space



To reduce the effects of poor quality air on your health:


- Avoid outdoor activities in the afternoons on warmer days, when the risk of air pollution is highest.
- Avoid strenuous outdoor activities if the air is polluted. Check your region's air quality index, which is often reported in the local news.
- Consider reducing the time and intensity of your outdoor workout or exercise indoors.



To reduce toxic substances in your home:

- Clean with non-toxic products.
- Dust using a damp rag.
- Use a wet mop to clean floors.
- Vacuum with a HEPA filter.
- Open a window or use a fan to improve air circulation when you're cleaning.
- Have a good ventilation system.
- Wash your & your children's hands often.

For other wellness topics, please visit www.nih.gov/wellnesstoolkits

 National Institutes of Health



To guard against the cold:

- Dress in layers.
- Cover up with blankets.
- Wear a jacket with a waterproof and windproof outer shell.
- To keep warm at home, wear socks, slippers, and a cap or hat.
- Set your heat at 68° or higher when it's cold outside. To save on heating bills, close off rooms you're not using.
- If you need help paying your heating bills, you may qualify for an energy assistance program.



To stay safer while playing in the water:

- Shower before and after going into a swimming pool.
- Stay out of the water if you've had diarrhea in the last two weeks to help protect others from infectious germs.
- Try not to swallow recreational water.
- Avoid swimming or playing near places where storm water is released on the beach.
- Stay out of the water for at least 24 hours after a storm.
- Always wash your hands before you eat or drink.



NEW GRADUATE GUIDE



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Introduction

CONGRATULATIONS ON YOUR RECENT GRADUATION!

WE'VE PUT TOGETHER THIS SHORT GUIDE TO HELP YOU MANAGE YOUR NEWFOUND FREEDOM, WHILE MAKING SMART CHOICES TO DEVELOP HEALTHY ROUTINES, AND KEEP IN TOUCH WITH THE LIFE SKILLS YOU WILL NEED GOING FORWARD IN YOUR LIFE AS AN ADULT. THIS GUIDE WILL COVER ROUTINE BUILDING, BUDGETING, NUTRITION, AND MORE. IF YOU ARE LOOKING INTO RENTING A HOME, WE ALSO HAVE A RENTAL GUIDE AVAILABLE ON OUR WEBSITE.

Routine building

We understand that graduating high school can be an exciting, but scary chapter of your life. It may feel hard to adjust to having less of a daily routine, having spent most of your life going to school every day, and having a structure to your daily life with various classes and afterschool activities.



Understand the Benefits of Routines:

- Routines provide structure and stability, reducing stress and promoting productivity.
- They help you prioritize tasks, manage time efficiently, and maintain a healthy work-life balance.
- Routines foster consistency and discipline, enabling you to stay focused on your goals.

Identify Your Priorities:

- Reflect on your short-term and long-term goals across different areas of life, such as education, career, health, relationships, and personal development.
- Determine which activities and commitments align with your priorities and deserve regular attention.

Design Your Daily Schedule:

- Start by establishing a consistent wake-up and bedtime routine to ensure adequate sleep.
- Block out time for essential activities like meals, exercise, and self-care.

Job search



FINDING AND SECURING A JOB

- 1. IDENTIFY YOUR CAREER GOALS AND EXPLORE INDUSTRIES THAT ALIGN WITH YOUR INTERESTS.**
- 2. CREATE A RESUME THAT SHOWCASES YOUR RELEVANT EXPERIENCE**
- 3. SEARCH ONLINE RESOURCES LIKE LOCALJOBSHOP FOR OPEN POSITIONS**
- 4. PREPARE FOR INTERVIEWS BY RESEARCHING COMMON QUESTIONS AND PRACTICING YOUR ANSWERS.**
- 5. ATTEND CAREER FAIRS AND EVENTS TO NETWORK WITH RECRUITERS.**
- 6. FOLLOW UP WITH THANK-YOU EMAILS OR NOTES AFTER INTERVIEWS.**
- 7. STAY POSITIVE, PERSISTENT, AND PROACTIVE IN YOUR JOB SEARCH.**
- 8. REMEMBER, FINDING A JOB TAKES TIME AND EFFORT. STAY FOCUSED, SHOWCASE YOUR STRENGTHS, AND KEEP PUSHING FORWARD. GOOD LUCK!**



Nutrition

Nutrition is the foundation of good health and well-being, especially during your youth when your body and mind are developing rapidly. Understanding that nutrition is different for everyone is crucial, as each individual has unique needs and preferences. This youth nutrition guide aims to empower you to find the best nutrition for yourself by adopting a personalized and balanced approach to eating.

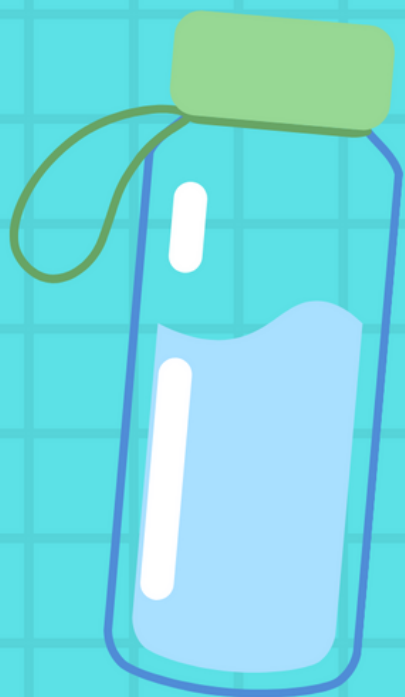
Listen to Your Body:



Pay attention to your body's signals. Are you hungry, thirsty, or tired? Are you experiencing any specific cravings or discomfort after eating certain foods? Being mindful of how your body responds to different foods will help you discover what works best for you.

Understand Portion Control:

Balancing portion sizes is important. Even healthy foods can become detrimental if consumed excessively. Learning about appropriate portion sizes will prevent overeating and maintain a healthy weight.



Drink plenty of water! Doctors and nutritionists recommend you drink around 8 cups of water a day, or around 2 litres. If it's hot out, or you're doing plenty of physical activity, you should drink even more! But don't over do it. Drinking too much water can lead to over-hydration which can be dangerous. Drink water as thirst dictates.

Nutrition



Respect Dietary Restrictions:

If you have dietary restrictions due to allergies, intolerances, or cultural preferences, ensure you find suitable alternatives to meet your nutritional needs. Consult with a healthcare professional or a registered dietitian if you need guidance.

Balance Macronutrients:

Your body requires a balance of macronutrients – carbohydrates, proteins, and fats – for optimal functioning. Include a mix of all three in your meals to sustain energy levels and support growth.



Seek Professional Guidance:

If you're unsure about your specific nutritional needs or have health concerns, don't hesitate to seek help from a registered dietitian or healthcare professional. They can provide personalized advice based on your individual requirements.



Remember, there is no one-size-fits-all approach to nutrition. Embrace your individuality and use this guide as a starting point to explore and experiment with foods that nourish your unique self. A well-balanced and personalized diet will support your growth, energy, and overall well-being, empowering you to lead a healthy and vibrant life.

Social Wellness



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HEALTHY RELATIONSHIPS WHEEL



HOW TO MAKE TIME FOR OTHERS

Make friendship goals

-A friendship goal can be something as simple as “I’m going to get together with one friend for lunch this week”

Put it on the to do list

-“Call Kim” “Text Sarah” “Get lunch with John”

Plan a regular time to get together

-Example – every Tuesday you get lunch together

Find ways to include people into your everyday activities

- Go grocery shopping together
- Work out together
- Take turns helping each other clean

Use technology to your advantage


-send voice messages back and forth

-send videos back and forth

-social media, facetime, phone, text

Pick one day as your friend day

- Each week/month schedule one day open and make plans with a friend, whether it’s going on a walk or eating lunch.



Use this toolkit in any order.
The goal of this toolkit is to
promote wellness and self-
reflection.



STAY
SAFE



About Communities Building Youth Futures:

CBYF is an initiative which aims to improve the lives of youth aged 15-30 in Portage la Prairie and the surrounding area. Our vision is a youth-oriented, inclusive and diverse community, where every young person thrives, feels supported and looks forward to a bright future. Our four main areas of focus (barriers to address) for youth in the community are: Youth Engagement, Mental Health, Education and Employment.



2022
Portage la Prairie

